

Conference Notes

- Registration fee is \$5. In addition to the keynote speaker and attendance at the workshop, the registration fee includes lunch on the first day and snacks both days.
- Please submit your check or money order with completed registration form to the following address: Judith Markelz, 405 Crestwind Dr., San Antonio, TX 78239 or bring it to ACS, attn.: Judith Markelz.
- Registration forms must be postmarked no later than 18 February 2004, and the registration fee is nonrefundable. Registration is limited to the first 100 people who register.
- This conference is an enrichment experience for military spouses. Although we strongly support the military family, the classroom setting and material presented are not appropriate for children. Therefore, children (including infants) are not permitted to attend.
- Limited free childcare is available at Dodd Field Chapel. Participants must pre-register for child care at CYS Central Registration, Roadrunner Community Center. CYS requires an up-to-date shot record at the time of registration.
- Registration is not available on the day of the conference.

Our Kind Sponsors

BAMC Auxiliary,
First Command, AUSA,
SACU, OCSC, MWR

EDITION 1

Purpose

The purpose of this conference is to uplift, enlighten, motivate, and strengthen our lives in the military as men, women, husbands, wives, fathers, mothers, and invaluable contributors to the Army community.

Conference Schedule

Friday, 27 February

- 8:30-9:00 Registration & Packet Pick Up
Dodd Field Chapel
- 9:00-9:45 Introduction & Welcome
Keynote Address
Mrs. Rita VanAutreve
- 9:45-10:00 Break—Move to first session
- 10:00-11:00 Workshop A
- 11:00-11:15 Break
- 11:15-12:15 Workshop B
- 12:15-1:15 Lunch
- 1:15-2:15 Workshop C

Saturday, 28 February

- 8:30-9:00 Check-In
- 9:00-10:00 Workshop D
- 10:00-10:15 Break
- 10:15-11:15 Workshop E
- 11:30-12:00 Evaluations & Certificates

For more information, call:

Judith Markelz, 210-655-0238

Kim Taylor, 210-566-6526

It's Not Easy Being Green



Conference 2004

February 27 - 28, 2004
Dodd Field Chapel
Fort Sam Houston

"IT'S NOT EASY BEING GREEN" CLASS SCHEDULE

Friday 10:00-11:00 Workshop A

- A-1 Financial Planning for Women—Diane Moore
Your money matters
- A-2 Women's Health—LTC(P) Barbara Hector
Today's women's health issues
- A-3 Freedom to Speak™—Carol Leeds
Fun and practical ways to gain skill
and confidence in public speaking
New material for 2004!
- A-4 Self Defense for Women—Ed Burgos, Street Survival II
All the right moves *Wear loose clothing.
- A-5 Texas Gardening—Master Gardeners of San Antonio
Plot your garden

Friday 11:15-12:15 Workshop B

- B-1 Welcome Home—Connie Fretwell
Strategies for a successful reunion
- B-2 Rebound—Larry Johnson
The seven strategies to resiliency
- B-3 Decorating Military Quarters—Joan Gaither
useful tips for military families
- B-4 Volunteers: Keep them Coming!—Kim Miller
Recruitment & retention of happy volunteers
- B-5 Herbs, Supplements, & Vitamins—Whole Foods Market

Lunch 12:15-1:15

Salad & Baked Potato Buffet

Friday 1:15-2:15

Workshop C

- C-1 Line Dancing—Debbie Blackburn & Rhonda Greer
Come "shake a leg" and have some fun! *Wear loose clothing.
- C-2 Forget the Fad Diets—LT Jennifer Rogers
Healthy eating for busy people
- C-3 Weight Training—Glenda Kochal
Light weight training *Wear loose clothing.
- C-4 Calm Before the Storm—Ingrid Bethel-Constable
How to stay relaxed in difficult times
- C-5 Parents' Guide to Summer Survival
Activities & enrichment for summer fun

Saturday 9:00-10:00

Workshop D

- D-1 Yoga—Jim Bulgrin
Learn the basics from a certified instructor
*Wear loose clothing.
- D-2 Resumes—Pat Forry
Put your best foot forward
- D-3 Cruising—Luvanna Norman, Vacations Unlimited Travel
Float in style
- D-4 Educational Planning—Charlie Canedy, First Command
Financial planning for rising costs
- D-5 Digital Photography
Get your pixels perfect

Saturday 10:15-11:15

Workshop E

- E-1 Beginning Scrapbooking—Dawn Fay
Make the most of your memories!
- E-2 Caring for the Aged—Linda Barron
- E-3 Texas Travels—Sue Howell
Hey, it's a big state!
- E-4 Entertaining Family & Friends - Fast, Cheap,
and Easy!—JoAnna M. Lund
Cooking demonstration and tips from a pro!
- E-5 Aromatherapy—Blair Wzbicki, Whole Foods Market

Saturday 11:30-12:00

Certificates

"It's Not Easy Being Green" Conference 2004

The "It's Not Easy Being Green" Conference was first held at Fort Sam Houston in 2002, as a way to celebrate our lives in the military and to recharge our batteries as an Army community. We have designed our conference to strengthen community ties, form new friendships, and develop skills that are essential to military life. "It's Not Easy Being Green" will motivate you to live your best life.

Committee Members

Coleta Perugini, Honorary Chairperson
Judith Markelz, Chairperson
Misty Carver
Monica Garrett
Carol Leeds
Teresa Parker
Kathy Richardson
Kim Taylor
Sabrina Thomas



We hope you enjoy
"It's Not Easy Being Green."
It's all about you!
See you there!